



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PICKLEBALL AT THE NSYMCA

FALL OPEN PICKLEBALL – Beginning September 7th

Wednesday Evenings: 7:30 – 9:30 pm in Studio D – 1 net

Thursday Mornings: 9:15 – 11:15 am in the Gym – 2 nets

Pickleball is:

- A great way to get exercise while playing with friends and neighbors
- A fun paddle sport that contains elements of tennis, badminton and ping pong
- Easy for beginners to learn
- For all ages and skill levels



Open Pickleball

Join other people in pick-up singles or doubles games. The NSYMCA provides the gear.

Free to members, \$5 for non-members

Invite your friends to play with you! With enough participation we will be able to continue to offer open pickleball.



FOR MORE INFORMATION CONTACT

Karen Brownlee
P 847 272 7250 ext. 1218
kbrownlee@nsymca.org